

Try For 5 – This School Just Got Healthier!

Nashwaaksis Memorial Elementary School – Tracy Thibodeau

The NMS “Try for 5 – This School Just Got HEALTHIER” initiative is a whole-school challenge selected and coordinated by the NMS Student Wellness Club to encourage staff and students to eat at least 5 fruits or vegetables a day for the entire month of February. “Try for 5” aims to motivate the entire school body to become ambassadors for healthy eating.

In order for NMS to be a frontline for healthy eating, students in grades 4 and 5 gathered together to collectively form the NMS Student Wellness Club. In response to our school results based on the 2016-2017 edition of the New Brunswick Elementary Student Wellness Survey, the Student Wellness Club decided it was important to target smart eating habits.

Our goal, as a school, is to eat **30 000** fruits or vegetables in February. In addition to our school goal, the Student Wellness Club established individual classroom goals to help NMS reach our grand total of 30 000 fruit or vegetables. The NMS Student Wellness Club, along with classroom teachers, have been recording data on fundraising thermometers as a visual for students to see our progression towards healthy eating.

To support our efforts and our goals, the students were involved in organizing a school assembly with Shauna Miller, a dietitian with public health. At the assembly Shauna reminded the students about the positive impact of healthy eating, nutrition and physical activity. Our beloved mascot Freggie made an appearance at the assembly to promote the daily consumption of fruit and vegetables. The Student Wellness Club ended the assembly with a Freggie Cheer to remind students to eat 5 fruits or vegetables per day. In addition to the assembly, videos educating the students about healthier eating options have been added to our daily morning announcements so that students have smart eating strategies in the pursuance of healthy eating.

The actions of the Student Wellness Club are designed to not only promote healthy eating for the month of February but also to relay a consistent message that good nutrition is important every day of your life.

NMS – Wellness Lives Here